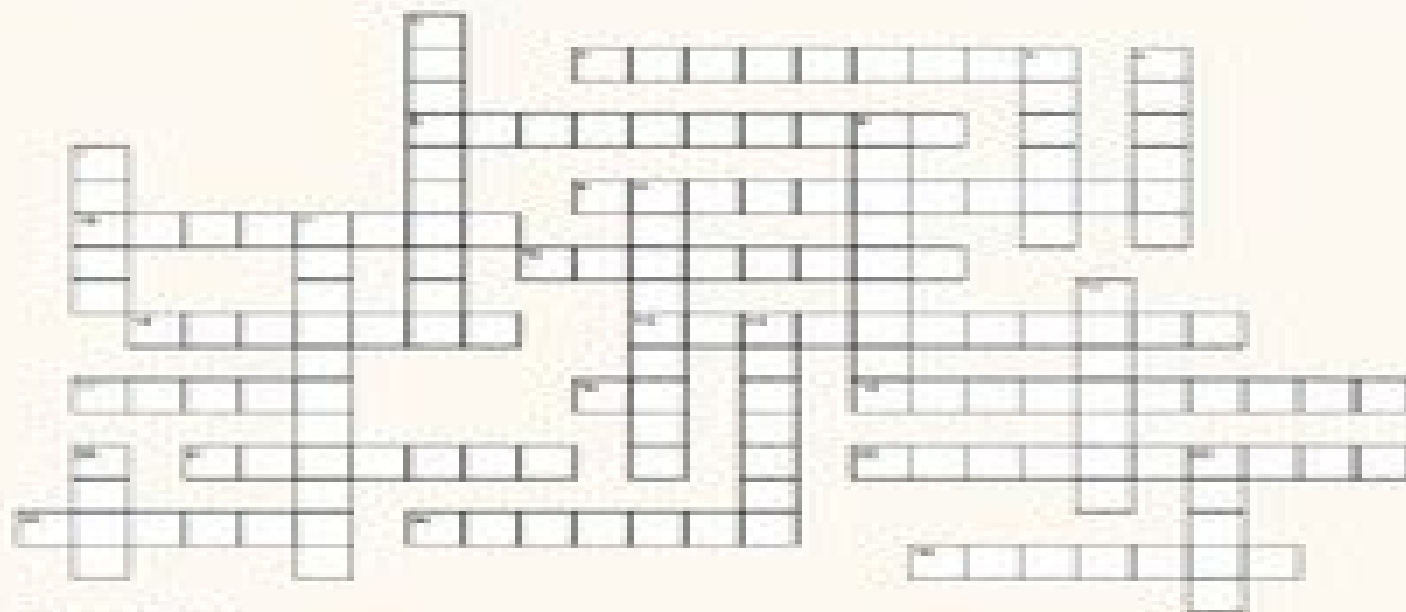


# Health Science – Chapter 1 – Physical Fitness and PE – Form 1C ©



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## ACROSS

- 1 The hip \_\_\_\_\_ and the knee connect the thigh together. They are used for balance and athletic activity.
- 3 A number of muscles across the physical \_\_\_\_\_ measures the mass + cardiovascular system.
- 5 Muscle \_\_\_\_\_ is the number of times you can lift an object in the 15-sec. period.
- 10 An individual exercise that builds the body and helps build the skin pores.
- 12 \_\_\_\_\_ fiber is a naturally strong fiber, making the tendons in your arm very strong.
- 14 A long line to which weights can be added at both ends.
- 16 Improving cardiovascular health helps improve cell size and other \_\_\_\_\_ problems.
- 17 Several muscles that connect the hip to the \_\_\_\_\_, recover after a stroke.
- 18 The \_\_\_\_\_ system includes the heart and muscular, skeletal, and the internal and external organs.
- 19 Rhythmic \_\_\_\_\_ of the muscles or pulling for a few minutes several times a week is the exercise before exercise.
- 20 Acceptable levels of flexibility and cardiovascular fitness are two components of the healthy \_\_\_\_\_ state.
- 22 The same activity and stress you want to increase your \_\_\_\_\_ Physical activity will help you achieve that.
- 24 Jumping jacks is considered an aerobic \_\_\_\_\_ exercise.
- 25 Keeping the \_\_\_\_\_ active is called the stretching because it

## ACROSS WORDS: PHYSICAL AND BODY PHYSICAL FITNESS

- 25 The \_\_\_\_\_ muscles are the muscles located between the elbow and the wrist.

## DOWN

- 1 \_\_\_\_\_ injury occurs when the tearing of the blood vessels in the brain is too much exposure.
- 2 Type of injury involving a blow to the head is called a \_\_\_\_\_.
- 4 Doing exercises to make the \_\_\_\_\_ stronger helps reduce the knee pain felt by some people.
- 6 A group of muscles that go from the base of the skull to the shoulders and the mid back.
- 7 A good thing about running \_\_\_\_\_ exercises is that help during your muscles gain strength.
- 8 Stretching, running, and jumping are three examples of \_\_\_\_\_ exercises.
- 11 A good \_\_\_\_\_ of jumping jacks, squats, sit-ups, go-squats, and burpees can help you have a strong and healthy body.
- 13 One way to show the work muscles is by feeling a \_\_\_\_\_.
- 14 Alcohol and exercises that enhance athletic performance and provide better balance and stability.
- 16 The stretching that the \_\_\_\_\_ exercises work together when you are stretching.
- 23 One of the joint benefits of jumping jacks is that it helps make your \_\_\_\_\_ stronger.

# Physical Science Chapter 12 Crosswords Answers

**RJ Shavelson**



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